



# Primary Press

## Start Your Day Off Right



Are you and your children in too much of a hurry in the morning to wait for the toast to pop up or to gulp down a bowl of cereal? If you find you do not have time to cook in the morning, make breakfast a self-serve meal by planning ahead. Have a selection of items your children can readily grab on their way to school. Some ideas to consider are:

- Hard boiled eggs
- Muffins
- Sliced fruit in a baggie



- Peanut butter and jelly sandwich
- Cereal and dried fruit in a baggie
- Cheese sticks
- Breakfast bars with fiber
- Rice cakes with cream cheese or Nutella



Think of eating breakfast as fuel for your body; it is the most important meal of the day. Breakfast is the first chance your body has to refuel its glucose levels (also known as blood sugar) after eight to twelve hours of not eating a meal or snack. Glucose is essential for the brain and is the main source of energy. Blood glucose also helps fuel the muscles needed for physical activity throughout the day.



Many schools and childcare centers offer a breakfast program. The Dairy Council is a great resource for suggestions with expanding your breakfast resources and educational materials for parents and children. Their website is [www.eatsmart.org](http://www.eatsmart.org). Typically cafeteria-based breakfast programs seem to have low attendance, but when the breakfast is offered in the classroom or on a cart in the hallway as a "grab 'n' go" breakfast, participation greatly increases. Be creative in your approach to breakfast and enjoy!



## County of Loudoun Family Services

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*The day starts anew*

*With breakfast, cooked and ready*

*Happy smiles, laughter*



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# Get Kids Involved in Preparing Breakfast

## Mini-Crescent Sausage Links

2 packages refrigerated crescent rolls

1 package fully cooked small sausage links

Preheat oven to 375° F. Separate dough into 8 triangles lengthwise into thirds. Place sausage on short end of each triangle and roll up to the opposite point. Place on ungreased cookie sheet and bake until rolls are golden brown about 12-15 minutes. Makes 48



## Breakfast Tacos

6 Tortillas

8 eggs

2 tablespoons milk

6 slices bacon, cooked & crumbled

1 cup shredded cheddar cheese

In a medium microwave-safe bowl mix together eggs and milk, cover with a paper towel. Microwave on high for 3-4 minutes, stirring once halfway through. Cook until eggs are fluffy. Heat tortillas as directed on package. Spoon cooked eggs onto each tortilla and top with crumbled bacon and shredded cheese. Fold tortilla and enjoy.



## Ready-to-Whir Smoothie

Simply measure 1/2 cup of your child's favorite fruit and 1/2 cup of yogurt and freeze in an individual zip lock bag. When you are ready for breakfast, pull out the frozen packet and pour into a blender with 1/2 cup of milk and 1/2 cup of juice and blend until smooth. Try these combinations:

- Bananas & blueberries, banana yogurt with pineapple-orange-banana juice
- Strawberries & bananas with strawberry yogurt and orange juice
- Raspberries & blueberries with vanilla yogurt and cranberry juice



## Banana Dog

You will not find this fruity imposter at a ball game or backyard barbecue, but it does make a doggone wholesome "fast food" breakfast. Simply spread a whole-grain hot dog bun with peanut butter and sprinkle with wheat germ or sunflower seeds and top with a peeled banana and squeezable jam. Substitute a tortilla for the bun.

## Granola

2 cups of rolled oats

1/2 cup slivered almonds

1/2 cup sunflower seeds

1/2 cup coconut

1/4 cup raisins

1/2 cup honey

1/2 cup oil

Mix together all dry ingredients except the raisins in a bowl. In a separate bowl mix honey and oil together and pour onto dry mixture and stir well. Spread onto a greased cookie sheet and cook at 300° for 25 minutes until golden brown. Place in a serving bowl and add the raisins.



## Easy Chocolate Waffles

3 cups flour

1/2 tablespoons salt

2 tablespoons baking powder

2/3 cup cocoa powder

2/3 cup sugar

4 eggs

3 1/2 cups milk

1 cup oil

In a large bowl mix together dry ingredients and set aside. Slightly beat eggs and mix together with the milk and oil in a separate bowl. Add to the dry ingredients and mix together but don't overmix. Pour approximately 1 cup at a time into the waffle iron and cook according to directions. Serve with fresh fruit or maple syrup.

## Book Corner

### The Best Breakfast

By Mona Hodgson

Meet Peck, a chubby quail who just wants to have his friends over for a morning meal. Peck has made seed pancakes but each guest brings something different-everything from grass salad to lizard soup. Peck is disappointed that no one seems to be eating his pancakes but he soon realizes that friendship is the best thing to share.



### Breakfast for Jack

By Pat Schories

In this wordless picture book there is a lot going on at Jack's house. When Jack wakes up in the morning all he wants is someone to open his can of dog food and feed him breakfast. The cat gets her meal; the family eats their cereal. Who will remember to feed Jack?



### Pancakes for Breakfast

By Tomie dePaola

This wordless picture book follows the trials of a little old lady who attempts to make pancakes for her breakfast. The determination of the woman and the gentle humor of the

illustrations make this an appealing book for the very young.

### Elmo's Breakfast Bingo

By Louis Womble

Using a funny multiple choice guessing game, Elmo teaches kids about the importance of starting the day with a good breakfast. This book makes breakfast easy to swallow and includes practical tips for parents.

### Bread and Jam for Frances

By Russell Hoban

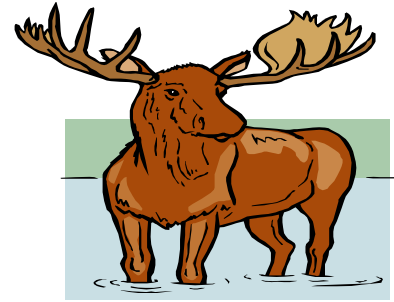
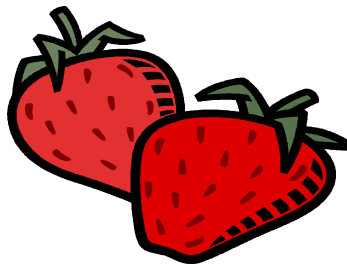
A perfect antidote for children who make limited food choices. Frances' food jag is short-lived once her parents begin serving her bread and jam for every meal and snack. In the end she agrees with her friend Albert, who thinks eating a different variety of food is nice.



### Max's Breakfast

By Rosemary Wells

Max doesn't want to eat his eggs, "Bad eggs," he says. "You can't have any strawberries until you finish your eggs", declares Ruby, Max's overbearing older sister. Ruby ends up eating Max's eggs so now he can have his juicy strawberries.



### If You Give a Moose a Muffin

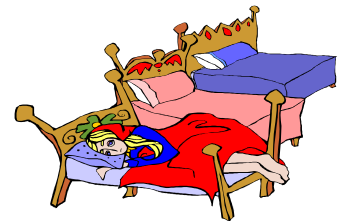
By Laura Numeroff

This mannerly moose smells something good. He is invited in for a muffin. When he eats all of the muffins, this massive moose wants more. There are no more ingredients so he wants to go shopping. It's cold outside so the moose needs a sweater which leads to a puppet show and a huge mess. In the process of cleaning up, the moose spies berries which reminds him again of how hungry he is for more muffins.

### If You Give a Pig a Pancake

By Laura Numeroff

The stream-of-conscious activities of a little pig take a young girl through a series of adventures, starting and ending with a pancake. This is a simple story with plenty of antics and humor to engage toddlers and preschoolers.



### Goldilocks and The Three Bears

By Jan Brett

This is a story about a girl who gets lost in the woods. Tired and hungry, she finds the house of the three bears. Goldilocks makes herself at home in the bears' house eating their food and sleeping in their beds.

## County of Loudoun Family Services

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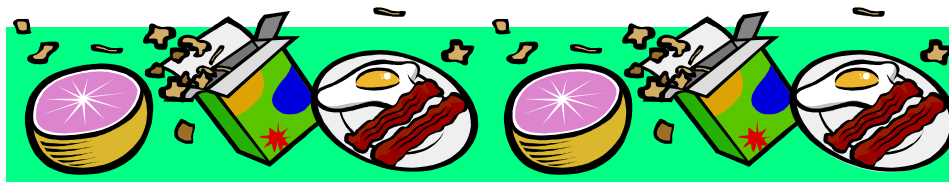
### Primary Press

## Breakfast Holidays



Every day is a great day to celebrate breakfast. It helps keep us energetic, fit and alert. Here are a few breakfast food holidays.

- January was named Oatmeal Month by the Quaker Oat Company. The company claims more oatmeal is consumed in January than any other month.
- The first week in March is National School Breakfast week.



In 1991 President George H.W. Bush made this proclamation to promote health and well-being of America's school children.

- March 7 is National Cereal Day. It is the anniversary of the invention of corn flakes by William and John Kellogg in 1897.
- March 25 is International Waffle Day, to commemorate the first day of spring.
- June is National Doughnut Month to honor the work the Salvation Army did to prepare doughnuts for soldiers during World War 1.
- July is proclaimed National Blueberry Month by the Department of Agriculture to promote

greater appreciation and use of blueberries.

- October 4 is Cinnamon Roll Day or Sticky Buns Day. This day was started in Sweden to commemorate the 40th anniversary of their home baking council.
- December 17 is dedicated to the appreciation of pure maple syrup.



For more information about breakfast holidays, visit [www.mrbreakfast.com](http://www.mrbreakfast.com)